

the buzz

December 2018

12 Ways to Enjoy Healthy Holidays

The holidays can get hectic and stressful. Keep your health in check by incorporating these 12 tips to enjoy a healthy holiday season.

1. Plan Ahead: Doing too much at once can be stressful. Start holiday preparations ahead of time by making a plan and dividing activities over a couple of days. Recruit help from family and friends.

2. Slow Down at the Table: Slow down so you do not overeat. Savor the meal by taking one bite at a time and putting your fork down between bites. Socializing with family and friends during the meal will also decrease how much you eat.

3. Manage Stress: Take a break if you are feeling overwhelmed. Manage stress by finding support, connecting socially, exercising and getting plenty of rest.

4. Holiday Tree Safety: Emergency rooms treat around 8,000 holiday-related injuries each year. Here are a few safety tips: 1. Ensure that live trees are kept fresh to avoid needles from

detaching easily. 2. Set up trees away from fireplaces, space heaters and candles. 3. Make sure artificial trees are marked fire resistant. 4. Check and dispose of decorative lights that are loose or have frayed wiring, broken sockets or cracked light bulbs. 5. Turn off all holiday lights when leaving home.

5. Go Green: Make sustainable choices this holiday season. Here are some ideas: 1. Buy a living tree you can plant outside. 2. Decorate with energy efficient LED lights. 3. Take your own bags on shopping trips. 4. Re-use gift bags or wrap.

6. Rest: Catch up on sleep by going to bed early and letting your body wake up naturally without the alarm.

7. Enjoy Your Favorite Holiday Foods: Review your food choices before diving in. Pick the foods you really like first. Do you like them all? Try a small portion of each.

8. Say No: Do not feel bad saying no. Saying yes when you really wanted to

say no may make you feel overwhelmed or guilty. Start with small commitments that are meaningful to you.

9. Eat Your Fiber: Filling your body with fiber not only keeps the body regular but lowers cholesterol levels, controls blood sugar levels and helps to maintain weight. Fruits, vegetables, nuts, beans and whole grains are good sources of fiber. Try to include these daily.

10. Gratitude: Gratitude is the key to improving emotions, career, relationships, personality and health. Adopting an attitude of gratitude can change our lives. Learn more about gratitude from this BJC EAP article "[How Gratitude Improves Our Attitude](#)."

11. Revise Expectations: Realizing the holidays will not be perfect decreases stress. Accept and enjoy the imperfections that may add lasting memories.

12. Balance: The holidays can throw off a regular schedule but you can stay healthy by incorporating these habits.

- Planning ahead but being flexible. Even the best plans can change.
- Staying active especially if you cannot exercise regularly.
- Enjoying your favorite foods in moderation.
- Relaxing and enjoying time spent with family and friends.

If you are feeling overwhelmed by the stress in your life, please contact BJC EAP at 314-747-7490.

December Happenings

Healthy for the Holidays

Date: December 5

Time: 12-1 p.m.

Location: Carnahan, Rm. 929

Description:

The holidays are a time to enjoy family, friends and food. You can enjoy the holidays without adding on extra pounds. This lecture will teach healthy eating tips to stay on track during the holiday season.

December Calendar



Bee-Fit GROUP EXERCISE



Group Fitness Classes

Join group fitness classes with instruction led by certified personal trainers from Move by BJC Fitness Center. City of St. Louis employees may be eligible to use three administrative hours per week to attend classes. For more information on this regulation, please visit the [City of St. Louis Employee Wellness Program](#) Web page.

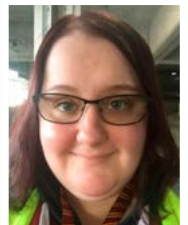
Body Toning: Sculpt, tone and strengthen the entire body in this class. Class location is 1520 Market, 2nd floor Bee-Fit room, St. Louis, MO 63103. Classes are held Mondays and Thursdays from 11:45 a.m.-12:30 p.m.

Yoga: Participants will incorporate traditional yoga poses and moves for a full body workout. Class location is 1114 Market St., Rm. 921, St. Louis, MO 63101. Classes are held Mondays, Tuesdays and Thursdays from 12-12:45 p.m.



Find answers to the below questions in this current December Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov, faxing 314-612-1488 or calling 314-622-4849 no later than December 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. Name one tip for a healthy holiday mentioned in this Buzz edition.
2. What are the names of the two group fitness classes offered mentioned in this Buzz edition?
3. What Bee-Fit event is offered on December 5?



October Wellness
Trivia Winner
Rebecca Trocha



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

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